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Women in states with bans are getting abortions at similar rates as under Roe, report says

By GEOFF MULVIHILL
Associated Press

Women living in states with abortion bans obtained the procedure in the second half of 2023 at about the same rate as before the U.S. Supreme Court overturned Roe v. Wade, according to a report released Tuesday.


Women did so by traveling out of state or by having prescription abortion pills mailed to them, according to the #WeCount report from the Society of Family Planning, which advocates for abortion access. They increasingly used telehealth, the report found, as medical providers in states with laws intended to protect them from prosecution in other states used online appointments to prescribe abortion pills.



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Rabbis and supporters from around the country gather for a rally, one day after the midterm elections, to show their support for protecting abortion rights Wednesday, Nov. 9, 2022, in Clayton, Mo.

Associated Press




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Women in states with bans are getting abortions at similar rates as under Roe, report says

Continued from Front

"The abortion bans are not eliminating the need for abortion," said Ushma Upadhyay, a University of California, San Francisco public health social scientist and a co-chair of the #WeCount survey. "People are jumping over these hurdles because they have to." Abortion patterns have shifted

The #WeCount report began surveying abortion providers across the country monthly just before Roe was overturned, creating a snapshot of abortion trends. In some states, a portion of the data is estimated. The effort makes data public with less than a six-month lag, giving a picture of trends far faster than the U.S. Centers for Disease Control and Prevention, whose most recent annual report covers abortion in 2021.

The report has chronicled quick shifts since the Supreme Court's Dobbs v. Jackson Women's Health Organization ruling that ended the national right to abortion and opened the door to enforcement of state bans.

The number of abortions in states with bans at all stages of pregnancy fell to near zero. It also plummeted in states where bans kick in around six weeks of pregnancy, which is before many women know they're pregnant.

But the nationwide total has been about the same or above the level from before the ruling. The study estimates 99,000 abortions occurred each month in the first half of 2024, up from the 81,000 monthly from April through December 2022



A patient prepares to take the first of two combination pills, mifepristone, for a medication abortion during a visit to a clinic in Kansas City, Kan., on, Oct. 12, 2022.

Associated Press

and 88,000 in 2023. One reason is telehealth, which got a boost when some Democratic-controlled states last year began implementing laws to protect prescribers. In April 2022, about 1 in 25 abortions were from pills prescribed via telehealth, the report found. In June 2024, it was 1 in 5.

The newest report is the first time #WeCount has broken down state-by-state numbers for abortion pill prescriptions.

About half the telehealth abortion pill prescriptions now go to patients in states with abortion bans or restrictions on telehealth abortion prescriptions.

In the second half of last year, the pills were sent to about 2,800 women each month in Texas, more than

1,500 in Mississippi and nearly 800 in Missouri, for instance.

Travel is still the main means of access for women in states with bans

Data from another group, the Guttmacher Institute, shows that women in states with bans still rely mostly on travel to get abortions.

By combining results of the two surveys and comparing them with Guttmacher's counts of in-person abortions from 2020, #WeCount found women in states with bans throughout pregnancy were getting abortions in similar numbers as they were in 2020.

The numbers do not account for pills obtained from outside the medical system in the earlier period, when those prescriptions most

often came from abroad. They also do not tally people who received pills but did not use them.

West Virginia women, for example, obtained nearly 220 abortions monthly in the second half of 2023, mostly by traveling — more than in 2020, when they received about 140 a month. For Louisiana residents, the monthly abortion numbers were about the same, with just under 700 from July through December 2023, mostly through shield laws, and 635 in 2020. However, Oklahoma residents obtained fewer abortions in 2023, with the monthly number falling to under 470 from about 690 in 2020.

Telehealth providers emerged quickly. One of the major provid-

ers of the telehealth pills is the Massachusetts Abortion Access Project.

Cofounder Angel Foster said the group prescribed to about 500 patients a month, mostly in states with bans, from its September 2023 launch through last month. The group charged \$250 per person while allowing people to pay less if they couldn't afford that. Starting this month, with the help of grant funding that pays operating costs, it's trying a different approach: Setting the price at \$5 but letting patients know they'd appreciate more for those who can pay it. Foster said the group is on track to provide 1,500 to 2,000 abortions monthly with the new model.

Foster called the Supreme Court's 2020 decision "a human rights and social justice catastrophe" while also saying that "there's an irony in what's happened in the post-Dobbs landscape."

"In some places abortion care is more accessible and affordable than it was," she said.

There have no major legal challenges of shield laws so far, but abortion opponents have tried to get one of the main pills removed from the market. Earlier this year, the U.S. Supreme Court unanimously preserved access to the drug, mifepristone, while finding that a group of anti-abortion doctors and organizations did not have the legal right to challenge the 2000 federal approval of the drug.

This month, three states asked a judge for permission to file a lawsuit aimed at rolling back federal decisions that allowed easier access to the pill — including through telehealth. □

Rudy Giuliani ordered to turn over NYC apartment, 26 watches to Georgia election workers

By **DAVE COLLINS**
Associated Press

Rudy Giuliani must turn over a variety of his assets to two Georgia election workers who won a \$148 million defamation judgment against him, including his New York City apartment, more than two dozen watches, sports memorabilia and a 1980 Mercedes, a federal judge ruled Tuesday.

But U.S. District Judge Lewis Liman in Manhattan also said Giuliani does not have to give the election workers three New York Yankees World Series rings or his Florida condominium for now noting those assets are tied up in other litigation.

The property Giuliani must relinquish is expected to fetch several million dollars for Ruby Freeman and her daughter, Wandrea "Shaye" Moss. They won the \$148 million judgment over Giuliani's false ballot fraud claims against them related to the 2020 presidential election. They said Giuliani pushed Donald Trump's lies about the election being stolen, which led to death threats that made them fear for their lives.

Under Tuesday's order, Giuliani must turn over within seven days his Manhattan apartment, estimated at more than \$5 million, as well his interest in about \$2 million that he says Trump's 2020 presidential campaign owes him for his services. Also on the list of assets that must be given to Freeman and Moss are a 1980 Mercedes-Benz SL 500 previous owned by the actress Lauren Bacall, a shirt and picture signed, respectively, by Yankees legends Joe DiMaggio and Reggie Jackson, a signed Yankee Stadium picture, a diamond ring, costume jewelry and 26 watches, including a Rolex, five Shinolas, two Bulovas and a Tiffany & Co.

One of those watches was given to Giuliani by his grandfather and he asked that he be allowed to keep it because of its sentimental value. But Liman re-



Rudy Giuliani speaks during a news conference outside federal court in Washington, Dec. 15, 2023.

Associated Press

fore increasing the likelihood of satisfaction of the Plaintiffs' judgment."

Lawyers for Giuliani did not immediately return email messages on Tuesday.

To date, Giuliani has not paid Freeman and Moss anything.

"We are proud that our clients will finally begin to receive some of the compensation to which they are entitled for Giuliani's actions," Aaron Nathan, a lawyer for Freeman and Moss, said in a statement. "This outcome should send a powerful message that there is a price to pay for those who choose to intentionally spread disinformation." Giuliani had asked the judge to bar Freeman and Moss from selling any of his assets until after his appeal of the \$148 million judgment is completed. Liman also turned down that request, saying Giuliani could have asked the federal court in Washington, D.C., where Freeman and Moss won their defamation case, to stay any asset sales pending his appeal, but did not.

"The Court also does not doubt that certain of the items may have sentimental value to Defendant," the judge wrote.

"But that does not entitle Defendant to continued enjoyment of the assets to

the detriment of the Plaintiffs to whom he owes approximately \$150 million. It is, after all, the underlying policy of these New York statutes that 'no man should be permitted to live at the same time in luxury and in debt.'"

As for the World Series rings, Giuliani's son, Andrew, filed court documents earlier this month saying he actually is the rightful owner. He said his father gave him four rings — one for each of the Yankees' championships in 1996, 1998, 1999 and 2000 — as gifts in 2018. Rudy Giuliani received the rings during his tenure as mayor of New York City. The younger Giuliani's claim is pending in federal court in Manhattan. □

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North Carolina county surrounding Asheville overcounted Helene deaths by as many as 30, sheriff says

RALEIGH, N.C. (AP) — The North Carolina county that is home to Asheville overcounted deaths caused by Helene by as many as 30, according to a statement Tuesday from its sheriff's office and data from the state, significantly reducing the death toll from the historic storm.

Buncombe County officials, who previously reported 72 deaths, are now deferring to a state tally of 42 deaths for the county.

The county's number dates back to an Oct. 3 news release in which county officials reported that "72 lives have been lost due to Hurricane Helene," repeating a number cited by Sheriff Quentin Miller at an earlier media briefing. But state officials, relying on reviews by the Office of the Chief Medical Examiner in Raleigh, have consistently reported a number lower than that for the county. The number for Buncombe County included in the state's tally has stood at 42 since at least Oct. 10.

On Tuesday, the Buncombe County Sheriff's office acknowledged in a statement that the number



Len Frisbee dumps a wheelbarrow of dirt as he helps with clean up in the aftermath of Hurricane Helene, Oct. 1, 2024, in Hot Springs, N.C.

of deaths in the county was lower than the number it provided. The statement, attributed to Public Information Officer Christina Esmy, cited factors ranging from updated causes of death to communication challenges after the storm knocked out cell service and electricity in multiple mountain counties.

"In the early aftermath of

Hurricane Helene all deaths were being classified as storm related and from Buncombe County. However, as the days progressed BCSO was able to identify who had passed away due to the hurricane, who was in fact from Buncombe County, and who passed away from other causes," the statement said. "Compounded with the lack of

consistent communication, due to widespread outages, the Buncombe County fatality number that was initially provided to Sheriff Miller has decreased." The sheriff's office did not provide additional information on how they arrived at their tally, and spokesman Matt Marshall said any other questions about how deaths have been investi-

gated and counted should be sent to state officials. In response to a request to interview the sheriff, Marshall said he would look into his availability.

The Office of Chief Medical Examiner in Raleigh typically reviews weather deaths and makes a ruling on cause before reporting numbers through state officials, a process it has used in past storms for years. But in the chaos following Helene, a number of counties reported fatality numbers independently of the state. The state's tally has gradually increased through Tuesday, but the climb has slowed as bodies have been examined. State Department of Health and Human Services spokesperson Kelly Haight Connor told the Citizen-Times in Asheville on Monday that all storm-related deaths found in the mountains have been examined and accounted for, but she couldn't rule out the possibility of the number increasing. Haight Connor didn't immediately respond to several follow up questions from The Associated Press on Tuesday. □

Associated Press

Russia is behind viral disinformation targeting Walz, intelligence official says

By **DAVID KLEPPER**
Associated Press

WASHINGTON (AP) — Groups in Russia created and helped spread viral disinformation targeting

Democratic vice presidential candidate Tim Walz, a senior U.S. intelligence official said Tuesday.

The content, which includes baseless accusa-

tions about the Minnesota governor's time as a teacher, contains several indications that it was manipulated, said the official with the Office of the Director of National Intelligence.

Analysts identified clues that linked the content to Russian disinformation operations, said the official, who briefed reporters on the condition of anonymity under rules set by the office of the director.

Digital researchers had already linked the video to Russia, but Tuesday's announcement is the first time federal authorities have confirmed the connection. The disinformation targeting Walz is consistent with Russian disinformation

seeking to undermine the Democratic campaign of Vice President Kamala Harris and Walz, her running mate.

Russia also has spread disinformation aimed at stoking discord and division ahead of voting, officials said, and may seek to encourage violent protests after Election Day.

Last month, analysts at Microsoft revealed that a viral video that baselessly claimed Harris left a woman paralyzed in a hit-and-run accident 13 years ago was Russian disinformation. More recently, a video surfaced featuring a man claiming to be a former student of Walz's who accused the candidate of

sexual misconduct years ago.

Private researchers at firms that track disinformation, including NewsGuard, already have concluded the video was fake and day.

Jen Easterly, director of the U.S. Cybersecurity and Infrastructure Security Agency, has said improvements to election security mean there is no way any other foreign adversary will be able to alter the results. Russia, China and Iran have all rejected claims that they are seeking to meddle with the U.S. election.

Messages left with the Russian embassy seeking comment on the Walz video were not immediately returned Tuesday. □



Democratic vice presidential nominee Minnesota Gov. Tim Walz speaks during a campaign event, Friday, Oct. 11, 2024, in Warren, Mich.

Associated Press

South Korea warns it can send arms to Ukraine after reports of North's troops in Russia

By **HYUNG-JIN KIM**

Associated Press

SEOUL, South Korea (AP) —

South Korea warned Tuesday it could consider supplying weapons to Ukraine in response to North Korea allegedly dispatching troops to Russia, as both North Korea and Russia denied the movements. NATO's secretary general said that would mark a "significant escalation."

South Korea's statement was apparently meant to pressure Russia against bringing in North Korean troops for its war against Ukraine. South Korean officials worry that Russia may reward North Korea by giving it sophisticated weapons technologies that can boost the North's nuclear and missile programs that target South Korea.

In an emergency National Security Council meeting, top South Korean officials condemned North Korea's alleged dispatch of troops as "a grave security threat" to South Korea and the international community. They described North Korea as "a criminal group" that forces its youths to serve as Russian mercenaries for an unjustifiable war, South Korea's presidential office said in a statement.

The officials agreed to take phased countermeasures, linking the level of their responses to progress in Russian-North Korean military



Soldiers march in a parade for the 70th anniversary of North Korea's founding day in Pyongyang, North Korea, on Sept. 9, 2018.

cooperation, according to the statement.

Possible steps include diplomatic, economic and military options, and South Korea could consider sending both defensive and offensive weapons to Ukraine, a senior South Korean presidential official told reporters on condition of anonymity in a background briefing.

The official said North Korea could attempt to get high-tech Russian technologies to perfect its nuclear missiles. The official said Russia's possible help for North Korea's efforts to modernize its outdated conventional weap-

ons systems and acquire a space-based surveillance system would pose a serious security threat.

Since Russia's invasion of Ukraine in 2022, South Korea has joined U.S.-led sanctions against Moscow and shipped humanitarian and financial support to Kyiv. But it has avoided directly supplying arms to Ukraine in line with its policy of not supplying weapons to countries actively engaged in conflicts. South Korea's spy agency said last week it had confirmed that North Korea sent 1,500 special operation forces to Russia this month.

Ukrainian President Volodymyr Zelenskyy has said his government had intelligence that 10,000 North Korea soldiers were being prepared to join invading Russian forces. NATO Secretary-General Mark Rutte said later Tuesday that South Korean President Yoon Suk Yeol is sending experts to Brussels soon to brief ambassadors at the 32-nation military alliance.

"That will now happen early next week, and then we will see whether North Korea is indeed, or not, supporting Russia's illegal war in Ukraine," Rutte said. "If that would be the case, if they would be

sending troops to Ukraine, that would mark a significant escalation."

North Korea and Russia intensify cooperation

North Korea and Russia have been sharply boosting their cooperation in the past two years. In June, they signed a major defense deal requiring both countries to use all available means to provide immediate military assistance if either is attacked. South Korea said at the time it would consider sending arms to Ukraine, a similar statement that it made Tuesday.

South Korea's spy agency said that North Korea had sent more than 13,000 containers of artillery, missiles and other conventional arms to Russia since August 2023 to replenish its dwindling weapons stockpiles.

North Korea and Russia have denied the North Korean troop deployment as well as the purported weapons transfer.

At a U.N. Security Council meeting Monday, Russia's U.N. Ambassador Vassily Nebenizia dismissed the South Korean assertion as well as Western allegations of Iran supplying Russia with missiles and China providing arms components. He accused the West of "circulating scaremongering with Iranian, Chinese and Korean bogeymen, each one of which is more absurd than the one before." □

Associated Press

Haiti's Justice Ministry warns of threats against prime minister and his Cabinet

By **EVENS SANON and DÁNICA COTO**

Associated Press

PORT-AU-PRINCE, Haiti (AP) —

Haiti's Justice Ministry called Tuesday for a boost in security for Prime Minister Garry Conille and other Cabinet officials in response to unspecified threats that they could be targeted by malicious parties.

The ministry did not provide details other than to say it had "consistent and persistent" information that the top officials might be targeted by unnamed actors intent on

sowing "trouble and panic in the country." The ministry urged police and judicial authorities to take "appropriate measures" to guarantee the officials' safety.

Neither judicial authorities nor the office of the prime minister returned messages for comment.

The statement comes as gang violence ramps up in certain neighborhoods of Haiti's capital that aren't already under gang control, just months after a U.N.-backed mission led by Kenyan police began.

More than 4,000 people have been left homeless in the recent attacks targeting communities in Port-au-Prince including Solino and Tabarre 27.

The escalation in violence began nearly a week ago and is blamed on a gang coalition called "Viv Ansanm," which was responsible for large-scale attacks that began in February targeting critical government infrastructure. Those attacks led to the eventual resignation of former Prime Minister Ariel Henry.



Soldiers patrol amid the sound of gunshots heard in the distance, in Port-au-Prince, Haiti, Thursday, Oct. 17, 2024.

Associated Press

The Justice Ministry's warning raised concerns given that former President Jovenel

Moïse was assassinated at his private residence in July 2021. □

Peru's ex-president Toledo gets more than 20 years in prison in case linked to corruption scandal

By **FRANKLIN BRICEÑO** and **REGINA GARCIA CANO**
Associated Press

LIMA, Peru (AP) — Peru's former President Alejandro Toledo on Monday was sentenced to 20 years and six months in prison in a case involving Brazilian construction giant Odebrecht, which became synonymous with corruption across Latin America, where it paid millions of dollars in bribes to government officials and others.

Authorities accused Toledo of accepting \$35 million in bribes from Odebrecht in exchange for allowing the construction of a highway in the South American country. The National Superior Court of Specialized Criminal Justice in the capital, Lima, imposed the sentence after years of legal wrangling, including a dispute over whether Toledo, who governed Peru from 2001 to 2006, could be extradited from the United States.

Judge Inés Rojas said Toledo's victims were Peruvians who "trusted" him as their president. Rojas explained that in that role, Toledo was "in charge of managing public finances" and responsible for "protecting and ensuring the correct"



Former Peruvian President Alejandro Toledo attends a court session where the judge will rule in his corruption case in Lima, Peru, Monday, Oct. 21, 2024.

Associated Press

use of resources. Instead, she said, he "defrauded the state."

She added that Toledo "had the duty to act with absolute neutrality, protect and preserve the assets of the state, avoiding their abuse or exploitation," but he did not do so.

Odebrecht, which built some of Latin America's most crucial infrastructure projects, admitted to U.S. authorities in 2016 to having

bought government contracts throughout the region with generous bribes. The investigation by the U.S. Department of Justice spun probes in several countries, including Mexico, Guatemala and Ecuador.

In Peru, authorities accused Toledo and three other former presidents of receiving payments from the construction giant. They alleged Toledo received \$35 million from Odebrecht in

exchange for the contract to build 650 kilometers (403 miles) of a highway linking Brazil with southern Peru. That portion of the highway was initially estimated to cost \$507 million, but Peru ended up paying \$1.25 billion.

Rojas at one point read parts of the testimony from Jorge Barata, a former Odebrecht executive in Peru, who told prosecutors that the former presi-

dent called him up to three times after leaving office to demand that he be paid. Toledo lowered his gaze and looked at his hands as Rojas read the expletive-laden remarks that Barata recounted to prosecutors. Toledo has denied the accusations against him. His attorney, Roberto Siu, told reporters after the hearing that they will appeal the sentence.

The former president on Monday frequently smirked, and at times laughed, particularly when the judge mentioned multimillion-dollar sums central to the case as well as when she struggled to read transcripts and other evidence in the case. Throughout the hearing, he also leaned to his right to speak with his attorney.

In contrast, last week, he asked the court with a broken voice and his hands together, as if he were praying, to let him return home citing his age, cancer and heart problems.

Toledo, 78, was first arrested in 2019 at his home in California, where he had been living since 2016, when he returned to Stanford University, his alma mater, as a visiting scholar to study education in Latin America. □

About 140 Rohingya Muslims on wooden boat off Indonesia's coast as residents refuse to let them land

By **BINSAR BAKKARA** and **Press**
EDNA TARIGAN Associated **LABUHAN HAJI, Indonesia**



Rohingya children wait for food supply delivered by local fishermen on their boat anchored in the waters near the coast of Labuhan Haji, Aceh province, Indonesia, Tuesday, Oct. 22, 2024.

Associated Press

(AP) — About 140 weak and hungry Rohingya Muslims, mostly women and children, were on a wooden boat anchored about 1 mile (0.60 kilometers) off the coast of Indonesia's northernmost province of Aceh on Tuesday, officials said, and local residents refused to allow them onto land.

The blue-painted boat has been floating off the coast since Friday. Three Rohingya died during the nearly two-week-long trip from Cox's Bazar in Bangladesh to the waters off Labuhan Haji in South Aceh district, local police said.

Authorities have transferred

11 Rohingya to a government hospital since Sunday after their health worsened. "Our community, the fishing community, refuses to let them land because of what happened in other places.

They have caused unrest to local residents," said Muhammad Jabal, the chief of the fishing community in South Aceh.

A large banner hanging at the seaport read: "The people of South Aceh Regency reject the arrival of Rohingya refugees in the South Aceh Regency area."


The group left Cox's Bazar on Oct. 9, according to an

Aceh police report, and intended to reach Malaysia. Some passengers on the boat had reportedly paid to be transported to other countries.

Local residents have given the group food, Jabal said, and the United Nations High Commissioner for Refugees has also provided them food.

There were 216 people on board when the boat departed Bangladesh and 50 of them reportedly disembarked in Indonesia's Riau province, according to police.


Aceh police have arrested three suspects for alleged people smuggling. □



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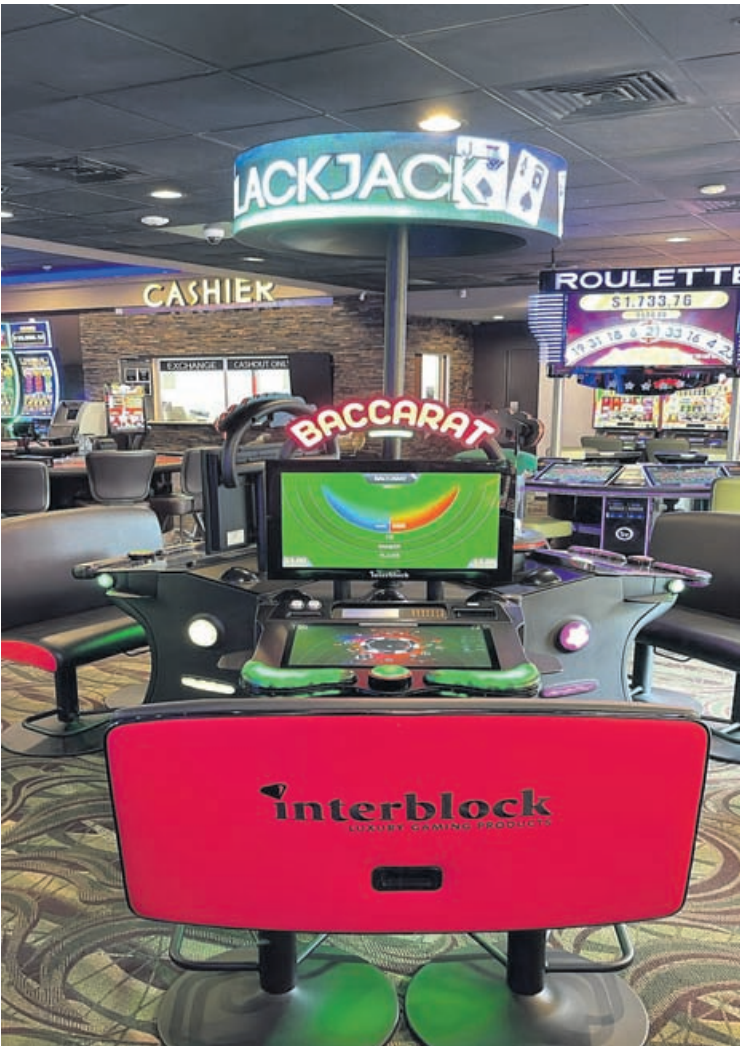
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How Aruban beaches came to be!

(Oranjestad)—We've talked about the best beaches to visit on the island before, but have you ever wondered how Aruba got its white, sandy beaches, and why there's a clear difference between the northern and southern shores? Here are some fun facts about the development of Aruban beaches.

How did Aruba get its white, sandy beaches?



Aruba's beaches have developed over the span of thousands of years. Waves crashing on the rocky formations along our coast line (which consists mainly of coral reefs) have started to wear and tear the reefs over time, resulting in its gradual breakdown. Fish that feed off corals also contribute to this, one small bite at a time. Over the course of thousands of years, as waves continue to crash and fish continue to eat off

the corals, sand starts to accumulate around the area. However, whether the sand stays there is another question to be answered, and this is where we highlight the biggest difference between the northern and southern coast of the island.

The sand that accumulates around a torn coral reef is swept away along with the debris by the ocean stream. However, in areas where it's shallow and the stream is weaker, the sand tends to stick to the bottom faster. This is why the beaches in the south—the areas with weaker stream and shallower ocean floors—has sand that stretches for miles. In contrast, the northern area, where the stream is much stronger and the ocean floor is much deeper, there is no sand present—they were swept away with the current!



Why north deep, but south shallow? Ah! Good question...and interesting phrasing.

Aruba is a continental island. The island actually forms part of South America, and the space between Aruba and the South American continent is simply referred to as land that runs under the ocean. This is why it gets gradually deeper in the south, whereas the ocean floor in the north runs steeply to the bottom.

Source: archival document provided by the National Archive of Aruba (ANA).

Place names in San Nicolas and their origins

(Oranjestad)--If you're ever taking a tour of Aruba, San Nicolas would definitely be on your itinerary. From relaxing on the white, sandy beaches of Baby and Roger's Beach, to exploring the prehistoric caves of Quadirikiri and Fontein, you are taking in a full view of what San Nicolas has to offer. But did you know that you are also passing through areas whose names have historical origins? Here are a few place names in San Nicolas and their origin story.

Sero Colorado

On your way to Baby or Roger's Beach, you'll pass

by the famous Red Anchor at what was once the entrance to the Colony residential community and be greeted with red soiled hills by the coast. This is Sero Colorado. Named after the 30-meter, deep red, limestone hill, "Sero Colorado" translates to "Colored Hill". Sero Colorado has deep historical ties with the once-thriving phosphate industry in the area. Matter of fact, there are still underground shafts and passages deep in Sero Colorado from the time of phosphate mining. In 1958, the refinery at the time, Lago, adopted this name for the residential section of its employees.



Vader Piet

Another well visited area, Vader Piet is located in the Arikok National Park. Recognizable sites within this area includes the Wind Mills and the Quadirikiri Cave. The origin of this name is part historical and speculation, as there are slight deviations from what actually happened.

In 1829, Pieter Lampe was a planter and the person responsible for governing this remote area. As the story goes, Pieter was well known

and beloved for his kindness and good treatment of his employees, and was therefore also called Vader Piet (Father Piet). However, he was tragically murdered—some speculate at the hands of a slave. For his work and good heart, the area was named after him.

San Nicolas

Of course we can't forget San Nicolas itself. Much like Vader Piet, the origin of the name San Nicolas has so far two different accounts. In the literal sense, "San Nicolas" translates

to "Saint Nicolas", leading many to believe that this district was named after a Spanish saint. Though one account does support this with the theory that the district was named after the saint by Spanish colonizers, the other account is much less divine, but does refer to an influential figure in the area.

Nicolaas van der Biest was a successful landowner during the time of the phosphate boom in late 19th century Aruba. Back then, landowners (most, if not all of them men) were referred to as "Shon" by their subordinates. So, the district was originally named after Shon Nicolaas. Over time, the name evolved into what is now San Nicolas. □

Source: "Aruba: Short History" by Dr. J. Hartog.

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Lessons from our elders: Plants and fruits for medicinal use

(Oranjestad)—Though western medicine is now widely used for common illnesses and to keep our bodies healthy and happy, it is still very common in every household in Aruba (and around the world) to have staple home remedies that is passed on through generations. Here are some tips that our elders have passed on to us over the years.

Pineapple

Pineapple has more uses than topping it on your Christmas ham. According to elders, the skin of a pineapple is great to use to refresh your body. Clean the skin thoroughly and make tea or warapa* with it. It is said that this tea can also be drank after an operation on the ovaries or uterus. This gets rid of irritation and inflammation.

When the fruit is unripe and green, this can be used to stimulate menstruation flow in women. This also stimulates the passing kidney stones. When ripe, the fruit can be used for poisoning in the gut and can help treat rheumatic diseases, like arthritis.



However, breastfeeding women who cannot produce much milk are advised not to consume too pineapple, and people with acid reflux are recommended to not consume any pineapple at all.

Arrowroot

Arrowroot is native to tropical America and can be sold as a powder or whole. It is said that you can take arrowroot powder and make a "shalup" (porridge) for stomach pain or when you're feeling weak. You can make it with milk too, but it is advised to best use just water. You can also add prunes for a bit of sweetness. Arrowroot shalup is also good to treat an unhealthy gut or for diarrhea.

To make arrowroot shalup,

boil a bit of water and add one tablespoon of arrowroot powder and stir continuously until you reach porridge consistency. If you make a shalup with milk, add a pinch of salt. Raw arrowroot powder can be used to powder babies.

Eggplant/Aubergine

Eggplants, or aubergines, are easy to find in supermarkets around the world and can be grown all year round on the island. Related to potato and tomato, eggplants are good to calm nerves. It can also be used to lower blood pressure, by steeping its leaves in boiled water and drinking it. You can also make eggplant juice to help purify your blood. However, do make sure to drink slowly; let it mix with your spit and then swallow.

Eggplant kataplan* can also be used to treat skin tumors, abscesses and hemorrhoids. Eggplant kataplan can also be used externally to treat arthritis.

*warapa: term referring to a water and sugar solution, a.k.a a simple syrup.

*kataplan: porridge-like mixture used externally for wounds or parts of the body that are painful or swollen.

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Alto Vista chapel and its link to Aruba's origins

According to Etnia Nativa, in the 18th century most of the inhabitants of Aruba were indigenous who lived on the north coast, one of the largest communities lived in Alto Vista.

As they were very religious, they had a chief with the name of Antonio Silvester who guided them in the Christian life and it was he who decided to build a stone chapel with a roof of corn rods, which would serve as a place of prayer. In 1750 it was blessed by Father Algemesi who came from Coro-Venezuela and appointed Domingo Antonio Silvester as the island's first prosecutor in the name of the Spanish crown and Rome. In 1752 the prosecution passed into the hands of Antonio Silvester's son-in-law, Miguel Álvarez, who continued to guide the parishioners in their prayers.



According to the book, The History of Alto Vista by R.H. Nooyen, it is not known when Domingo Antonio Silvester came to Aruba from Venezuela. The elders believe Antonio was a Spaniard. In 1780, father Joseph Antonio de la Vegal called Bernardino Silvester, one of Antonio's sons with his wife Anna Cathalina Tromp, "neighbors and naturals of the island Aruba" and thus they became natives.

At the end of the eighteen century many inhabitants the island died as a result of the black fever epidemic and since people believed that the Alto Vista area was the most infected, they began to build their homes further south within the Noord area, so the town of Noord began to grow into a community till getting its own Church. However religious festivals continued to be celebrated at this sacred native place, with the custom of arriving

in procession to Alto Vista.

Two-hundred years after the beautiful time of Alto Vista, people can no longer see much of the town of Alto Vista from 1750. With a lot of work they found the old foundations of the Church of the Queen of the Holiest Rosary to build a new chapel on the same place. The entire surrounding area was empty and desolated, making it hard to imagine that Alto Vista was a town at all. A hundred years later, people can see the remains of around twenty houses, some made of stone and others of clay. Nowadays, only around six of these houses remain.

South of the chapel in the yard two graves can be observed, there was the cemetery which father Pablo de Algemesi blessed. It is not certain, but it is believed

that the two graves belong to Antonio Silvester and Miguel Alvares, according to Nooyen. About 50 meters near the chapel there are still the markings of an old house, where Antonio and Bernardino Silvester would have lived. About 200 meters from the chapel there is a water tank which the locals call Tanki Cacique. In the past this tank was closed. But mostly water was brought out from the Poz di Noord, a well dug in the sand.

The chapel can be viewed from basically any point in the north side, even from Paradera and Sero Plat. All the historical remains around the chapel provide us with an idea on how the old people of Alto Vista used to live. Don't miss the opportunity to visit a place of historical significance with a window to Aruba's past. □

Visit the natural bridges of Aruba!

(Oranjestad)—After you've visited the Alto Vista Church, the Bushiribana Gold Mill Ruins and the mini natural pool that is located right next to it, you're next up around the northern coast line must be the Natural Bridge. Once the largest natural bridge in the Caribbean, this bridge has been a tourist attraction for many years.

The bridge was formed during thousands of years, cut and crafted by the wild waves that crash into the coral stone walls of the coast. Before its collapse, this bridge measured 30 meters in length and 7 meters in height, making it the biggest natural bridge in the Caribbean at the time. For many years, this site was also a frequently visited beach, as the bridge had a small opening through which the water would flow into the tiny beach.

Unfortunately in 2005, the bridge collapsed,

and the little beach dried up. Despite this, this site remained a tourist attraction, with many vis-



itors walking along the coral cliffs of the bridge to see the spectacular view of the northern coastline and the Caribbean Sea. Visitors can also still visit the souvenir shop on the left of the bridge entrance.

While the natural bridge no longer is functional, there is now a smaller natural bridge very close. This bridge is often called the "Baby Bridge" or "Daughter Bridge". □



Article by Etnia Nativa

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Moths and native beliefs

Etnia Nativa offers—in situ—a unique native experience opportunity that fuses education and entertainment, challenging you to interact with our exclusive team while accessing an interesting private property made with repurposed materials sorted by our concept developer. Meet our top columnist, avocational archaeologist, and island's cultural expert. Choose to dive at the core of your destination through the navel of Aruba!

In this episode, Etnia Nativa shares a bit regarding Aruba's black witch moth and the beliefs of our native people concerning bad omens and superstitions.

Our black moth is a fantastic animal that flaps its wings, just like some bats do. As they have a wing span of circa 18 cm, they are mostly nocturnal creatures, and consequently, people mistakenly associate them with bats.

For many cultures around the world, moths and butterflies symbolize hope, transformation, and new beginnings. However, when a black moth lands on a person, it causes a lot of panic caused by the popular stories and beliefs associated with them; however, it is a completely harmless animal.

An encounter with a black moth can indicate that the person is about to be reborn or renewed in some way associated with the dead, thus a darkness before the dawn, and also in some cultures, symbolizing longevity.

Moths and butterflies are recognized as symbols of

transformation. The word transform is metamorphoses in Greek, from which we get the English term metamorphosis. It describes the period of change that a larva undergoes to get its wings to fly. This process is comparable to or describes how a human being can be reborn in its mental state or become a spirit in the afterlife.

Many ancient cultures believed it to be the essence of personal transcendence. The Greeks usually portray Psyche, their goddess of the soul, with wings. Through the years, the meaning of the moth and the butterfly became varied, depending on their colors. In the Philippines, China, and Central America, varieties of dark moths and butterflies are associated with death. Filipino culture has many superstitious beliefs, or "pamahiin," and among the most enduring of these is the belief that the sudden appearance of an animal is a sign of a dead relative making their presence felt.

In some cultures, black moths symbolize the restless soul of a deceased person unable to move on. Meanwhile, white butterflies portray the soul of a deceased child.

The native Aruba's folk stories tell us

Episode CCLXXVI - 276



about the black moth of death, and they tell us that if a person is sick and the black moth fly's into his house, this sick person will die. Also, if one sticks at you, it means that you are next. That's why most of the time people try to scare them away and get rid of the black moths bad omen, since if you cross paths with one of them, you should prepare for a negative turn of events. Although this common superstition in particular has been around for many years, finding its origins in American continent native beliefs and folk stories. Whoever butterflies symbolize transformation and rebirth regardless of color. But black moths or butterflies also represent mystery, intuition, and hidden wisdom. Some see them as harbingers of death and bad luck, while others view them as symbols of good fortune and protection.

The truth is that the fluttering of its fragile wings should make us take note of what is happening around us and that they are heralds and also victims of overdevelopment and climate change, while many and most superstitions have to do with ignorance and fear of the unknown.

If you liked our native stories and are interested in diving deeper into learning the true identity of Aruba, a visit to Etnia Nativa would be a fantastic choice. We have been a trendsetting entity since 1994, as a co-founder of projects such as Arikok National Park, the Archaeological Museum, and the Artisan Foundation, among others. Every week, this newspaper shares our valuable knowledge. Don't miss the opportunity to feel the island's spirit through our real stories that are not just remembered; they resonate, they're felt, and they stir souls to the bone. Book your visit: WhatsApp +297 592 2702 etnianaativa03@gmail.com



A brief history of the California Light House



(Oranjestad)—At the furthest western point of the island, there lies the tallest structure on the island: The California Light House. Standing on top of a limestone cliff, this lighthouse oversees the entire island, offering one of few best views of the island and the surrounding sea. It is also one of the few monuments that hold a rich history.

The lighthouse was constructed in between 1914-1916, and its first keeper was a young trained lighthouse keeper from Curacao names Jacob Jacobs. Mr. Frederico Fingal was the last man to have occupied this position until 1962. Though his son, Mr. Romulo Fingal did not continue in his father's footsteps, he does have a special connection to the lighthouse. He sat down with our reporter and shared a bit of its history.

As Mr. Fingal explains, "In 1915, cargo donkeys were hired from Figaroa di Noord to help build the Lighthouse at Westpunt. The donkeys had to walk along the beach all the way to Westpunt carrying the cargo, poles, cement, and all these things. At that time, it was a difficult task until Aruba got its first truck. These things reflect how people could have accomplished this tremendous job with so little." Mr. Fingal said, "At that time, it wasn't a place for people to work. It was very challenging because it

was full of goats and donkeys, and it was very isolated. There were no hotels or roads to get there. There was only a donkey trail. Those were the only means of transportation."

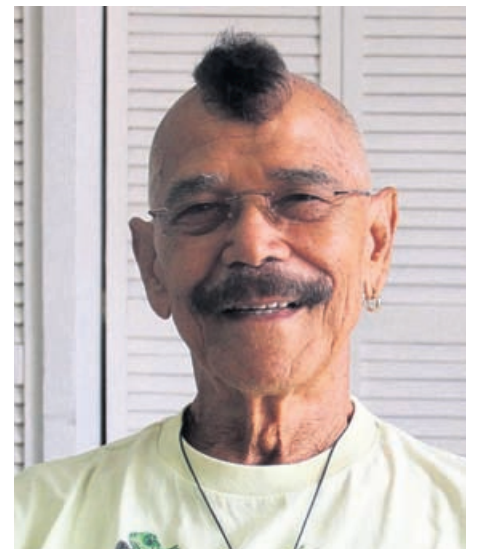
Mr. Fingal continues, "In 1939, I was born in the lighthouse, and my father was the last lighthouse keeper until he retired in 1962. After that, they removed the power cables all the way to the top. According to the story, we couldn't have the light ourselves because they dismantled it, and after many years, I heard that it is in a train museum in San Nicolas, where we found this very special lens that, when the light shines through it, it reaches 30 kilometers out to sea." Mr. Fingal told our reporter.

The lighthouse has a long and very interesting history. The reason why the lighthouse was built, according to Mr. Fingal, dates back to the day when the cargo ship S.S. California sank because of the lack of light. In 1913, Aruba made a request to Curacao to build a Lighthouse at Westpunt, and the governor of Curacao responded to Aruba to come back in 1915 with a well-detailed plan. "During the First World War from 1914 to 1918, they had to wait for the light to be transported to Aruba because it was manufactured in France. At that time, there was no electricity, and the light was very interesting because it ro-

tated with a kerosene lamp that planes used; clean kerosene," Mr. Fingal said.

Mr. Fingal discovered something very interesting about the lighthouse after much research was documented in his book 'History of the Lighthouse at Westpunt.' He found many details: "I found out that the height of the lighthouse was due to the absence of electricity. There was also the presence of coral. There is a long steel cable from where the light is, and under the light, at the highest point, there is a hanging weight, a sort of pendulum that swings like that, with a weight that measures about 1 meter by 30 centimeters wide, which is a block of solid iron attached to a cable. When you release it upwards, it comes down, and the weight that comes down pulls it up, gradually. And while it comes down, the same weight that is descending causes many small wheels to turn in the opposite direction. The Lighthouse rotates from 6 pm in the evening, when the sun sets, until 6 am in the morning. During the entire night, the light shines on the lantern, it goes down 24 meters, and the Lighthouse is 30 meters high. It is designed not to collapse," Mr. Fingal explains.

Mr. Fingal further explains that in one night, the lighthouse rotates 4,320 times and consumes one



gallon of kerosene for the whole operation. "At that time, the kerosene was supplied from the Lago refinery. Every day it was brought down, and to start the light again, they had to lift the weight up, so our job as children was to crank it and raise the weight back up in the evening when the light stuck, they would take it down again, and the light stayed down. That's how it worked for a very long time," Mr. Fingal explains.

Thanks to the Monument Fund Aruba, which worked hard and is currently in charge of the Lighthouse, Mr. Fingal is very happy with its preservation, along with all the renovations that have taken place. He hopes that the story of the lighthouse will continue to live on for future generations. □

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Speedy horse
- 5 Staff symbol
- 9 Train stop
- 11 Plain to see
- 12 Last letter
- 13 Rashness
- 14 Grier of "Jackie Brown"
- 15 Joined a melee
- 17 Fished with a net
- 19 Form 1040 org.
- 20 Places for pads
- 21 Lock opener
- 22 Sean of "The Lord of the Rings"
- 24 Inquire
- 26 Cager Shaquille
- 29 Back, on a boat
- 30 Pro-ceeded slowly
- 32 Talked like a Texan
- 34 Bar topic
- 35 Opera's Callas
- 36 Entertain
- 38 Improve, in a way
- 39 Alpine trill

DOWN

- 40 Famed loch
- 41 Mosquito or gnat
- 1 Take as one's own
- 2 Comment
- 3 Early primate
- 4 Marshy area
- 5 Hammer part
- 6 Caron of "Gigi"
- 7 Place for a meal
- 8 Ward and Astaire
- 10 Cafe fixtures

S	A	B	R	E	S		B	A	J	A
I	C	E	A	G	E		A	L	O	T
T	H	E	P	R	E	S	T	I	G	E
			T	E	N	E	T			
	S	P	O	T		D	E	A	N	
D	E	E	R		T	A	R	Z	A	N
A	R	T		T	A	N		U	S	A
D	I	A	L	E	D		P	R	A	Y
F	L	A	X		N	O	E	L		
		B	A	S	I	L				
O	P	P	E	N	H	E	I	M	E	R
F	E	E	L		O	C	T	A	V	E
F	A	T	S		P	E	E	R	E	D

Yesterday's answer

- 11 Libya neighbor
- 16 Make good as new
- 18 Watered down
- 21 Was sure
- 23 How Rome wasn't built
- 24 Steep-roofed home
- 25 Icy looks
- 27 Refer
- 28 Tenant's papers
- 29 Don Draper, for one
- 30 Not nude
- 31 Resided
- 33 Takes the prize
- 37 Swabbing tool

1	2	3	4		5	6	7	8
9				10		11		
12						13		
14				15	16			
17			18				19	
	20					21		
			22			23		
	24	25			26		27	28
29				30				31
32			33				34	
35					36	37		
38					39			
40						41		

4-3

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

4-3 CRYPTOQUOTE

CFOM UPJ HFEUQHD EF XF LQEU
LUPE GFT PYM MWVMBEQHD EF
DME — FHCG LQEU LUPE GFT
PYM MWVMBEQHD EF DQOM —
LUQBU QJ MOMYGEUQHD.
— IPEUPYQHM UMVNTYH

Yesterday's Cryptoquote: SPRING WILL COME AND SO WILL HAPPINESS. HOLD ON. LIFE WILL GET WARMER. — ANITA KRIZZAN

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku

	7		8		1	5	9	
				2				
		3		4				6
		6		8			2	
		1	4		9		3	
	5		2	1				4
5			7		8			9
				9		3		
6	3		1	5				2

Difficulty: ★★★

10/23

Answer to previous puzzle

3	4	2	9	8	1	6	7	5
8	1	5	7	2	6	3	4	9
7	9	6	4	5	3	8	2	1
5	3	1	8	6	2	7	9	4
4	6	8	5	7	9	1	3	2
9	2	7	1	3	4	5	8	6
1	7	4	6	9	8	2	5	3
2	5	9	3	1	7	4	6	8
6	8	3	2	4	5	9	1	7

Difficulty: ★★

10/22

Helpful tips for your stay on Aruba

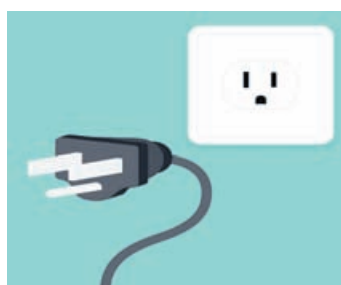
Supermarket hours



Supermarket hours may vary depending on where you are staying on the island. Generally though, most supermarkets are open from 8am to 9 or 10pm, Monday through Saturday. On Sundays, supermarkets generally close earlier, mostly around 2pm.

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basicbut important information that we think may come in handy to Aruba's visitors.

Electrical power



Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of out-

Drinking water



The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.

Safety



Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occurs, so keep yourself and your belongings safe.

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Kidney transplants are safe between people with HIV, new U.S. study shows

By **CARLA K. JOHNSON**
AP Medical Writer

People with HIV can safely receive donated kidneys from deceased donors with the virus, according to a large study that comes as the U.S. government moves to expand the practice. That could shorten the wait for organs for all, regardless of HIV status. The new study, published Wednesday in the New England Journal of Medicine, looked at 198 kidney transplants performed across the U.S. Researchers found similar results whether the donated organ came from a person with or without the AIDS virus. Last month, the Department of Health and Human Services proposed a rule change that would allow these types of kidney and liver transplants outside of research studies. □

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Tears for Fears are in full bloom with a concert film, a live album, new songs and Vegas dates

By **MARK KENNEDY**

AP Entertainment Writer

NEW YORK (AP) — When Tears for Fears hit the stage at Firstbank Amphitheater in Franklin, Tennessee, on July 11, 2023, there were no tears but some fears.

"We walked on stage and I felt like a deer caught in the headlines," says singer and guitarist Roland Orzabal, half of the duo. Curt Smith, his musical partner, agreed: "We put on a brave face."

The reason the duo were uneasy was because cameras were about to capture, for the first time, a Tears for Fears concert destined for the big screen. "Tears For Fears Live (A Tipping Point Film)" premieres in over 1,100 movie theaters worldwide on Oct. 24 and Oct. 26.

"We normally look far more relaxed and are enjoying ourselves far more. We weren't as much that night because we were very conscious of being filmed and being recorded," says Smith. "But, consequently, it was probably one of the best performances we ever did."

The irony is that any nerves aren't evident, with Smith at one point during the



Curt Smith, left, and Roland Orzabal, of the band Tears For Fears, pose for a portrait in Los Angeles on Jan. 19, 2022.

show quipping, "This young man to my right, his name is Roland. I would say his surname but I can't pronounce it."

Old and new and live The concert is a mix of old and new songs, with plenty of room given to the duo's 2022 album "The Tipping Point." Fans will also hear the classics: "Everybody Wants To Rule the World," "Shout" and "Head Over Heels."

"We listened to a lot of

the tapes and a lot of the performances. And there was something about that night because we were so damn nervous, we actually played better," says Smith. The concert film is only the latest output from the duo who were relatively quiet for 17 years before releasing "The Tipping Point," which peaked at No. 8 on the Billboard 200, the same spot their "The Seeds of Love" reached in 1989.

Tears for Fears have turned

the concert into an album "Songs For a Nervous Planet," out Oct. 25 and added four previously unreleased songs with it, like an EP on top of the live set. They also plan a three-night concert at the Fontainebleau Las Vegas on Oct. 30, Nov. 1 and Nov. 2.

Orzabal jokes he and Smith are finding a new gear after "a long gestation period akin to that of an elephant." They switched managers the old one in-

sisted Tears for Fears modernize and seek out hits and "it's almost like the brakes were taken off."

Four new songs

The new songs include Orzabal's love song to his new wife "The Girl That I Call Home" and Smith's airy "Astronaut," which was left off "The Tipping Point."

That album was heavily informed by grief, loss and mental anguish. The title track is about dementia, "Break the Man" is about patriarchy, "My Demons" is an examination of violent extremism and "Rivers of Mercy" is a prayer about social unrest.

The four new offerings have a different feel, more positive. "I think that it does give you a little insight into where we are now, whereas 'The Tipping Point' kind of was driven a lot by pain," says Smith. "These new four tracks are not and I think they have a separate life." Orzabal and Smith decided to make a live album and concert once they fitted songs from "The Tipping Point" into their concert set. One thing they noticed was the title track had a lot in rhythmic common with "Everybody Wants to Rule the World." □

Associated Press

AARP to honor Glenn Close with Movies for Grownups career achievement award

By **KAITLYN HUAMANI**

Associated Press

LOS ANGELES (AP) — Glenn Close will be the next re-

cipient of AARP The Magazine's Movies for Grownups Awards career achievement honor.

The 77-year-old actor is known for films including "Fatal Attraction," "101 Dalmatians" and "The Wife" over a career spanning nearly 50 years. She will receive the honor at the AARP's annual Movies for Grownups Awards ceremony in January, the group announced Tuesday.

"I am so honored to receive the AARP Movies for Grownups Career Achievement Award even though I feel like I'm still 35, if not younger," Close said in a statement. "I love making movies for grownups and everyone else, and I deeply appreciate the inspiration and support of the people I have worked with over 50

years. Thank you, AARP, for this great honor."

The AARP launched the Movies for Grownups initiative in 2002 to advocate for audiences over 50 years old and to fight ageism in Hollywood. The awards ceremony that celebrates movies "for grownups, by grownups" will be held in Beverly Hills, California, on Jan. 11, with Alan Cumming to host. The ceremony will be broadcast by "Great Performances" on Sunday, Feb. 23, at 7 p.m. Eastern on PBS.

Martha Boudreau, AARP's executive vice president and chief communications and marketing officer, said Close has made her mark

in the industry with memorable performances and her consistent work as a septuagenarian.

"Glenn Close starred in 'The Big Chill,' the first blockbuster hit film about the Baby Boomer generation facing aging, and since then her career has shattered Hollywood's outmoded, ageist stereotypes. Her steady successes exemplify what AARP's Movies for Grownups program is all about," Boudreau said in a statement.

Close joins the company of several revered actors who have received the honor in past years, including Jamie Lee Curtis, George Clooney and Lily Tomlin. □



Glenn Close attends the premiere of the Apple TV+ series "The New Look" on Feb. 12, 2024, in New York.

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Diana Taurasi still mulling over decision to retire or play another year

By DOUG FEINBERG
AP Basketball Writer

Diana Taurasi is still mulling over her decision whether to play another season in the WNBA or retire.

The 20-year veteran and future Hall of Famer told The Associated Press on Tuesday that she's going to take her time on deciding what she wants to do.

"I don't take retirement lightly. I know the minute I say it or announce it, whether it's, you know, in a month or two months, I'm going to mean it," Taurasi said. "I talk to (wife) Penny (Taylor) and the Mercury, so I'm still in the thought process."

Taurasi's season ended when the Mercury were swept in the first round of the playoffs by the Minnesota Lynx. She hasn't spoken since the loss.

"I have not taken it lightly. I think about it every day. You know, I'm still in deep thought about it. I want to make the right decision., you know, and I'm just taking my time a little bit," the 42-year-old Taurasi said. "And, you know, sometimes when the season ends, the last thing you want to think about is the next season."



Phoenix Mercury's Diana Taurasi (3) celebrates after making her 10,000th career point, during the second half of a WNBA basketball game against the Atlanta Dream, Thursday, Aug. 3, 2023, in Phoenix.

Taurasi likes the moves the team made last offseason adding Natasha Cloud and Kahleah Copper which she said made the team into a potential championship contender.

Add to that the opening of the \$100 million training center that the Mercury use now which has Taurasi's name and logo on the courts.

"I do think with the additions (on court) we made and in

the front office we'll be there for a long time," she said. "You know those are my sisters. I've gone through a lot with them. So, you know, I'll chat with them. It's a lot to process the season as a whole."

Taurasi has been speaking out lately about her battle with the skin condition eczema that she's been affected by. She's been dealing with it since her days at UConn,

where she helped the school win three NCAA championships. Taurasi began having outbreaks of red, itchy, scaly skin, which made her feel uncomfortable on and off the court.

"I've had to deal with for, you know, most of my life. And, you know, I've shared my story and you know how enduring it is," the WNBA's all-time leading scorer said. "Especially when you play

sports. And, you know, obviously in basketball, you're always in a jersey and you're exposed. And not only that, the physical part of it. And you know how itchy and red, the discomfort you feel. These are all things that I internally battled with for, for a long time."

Taurasi has been taking Dupixent after working with her dermatologist. An estimated 2.7 million people in the US ages 6 months and older have uncontrolled moderate-to-severe eczema.

When she does decide to retire, whether it's this year or sometime soon, Taurasi is intrigued with the idea of getting involved with ownership of a team.

"I definitely love the idea of being able to have a position where obviously you influence a team," she said. "But more than that, just being around (owner) Mat (Ishbia) for a little bit, just seeing how he's influenced this whole city and change the energy of what an owner can do to really the outlook of a city, the feeling of a city. The things to which he's done with the team, it's really the next step, I think, for female athletes." □

Associated Press

What are the soft-shell helmet Guardian Caps that Tua Tagovailoa says he won't wear?

MIAMI GARDENS, Fla. (AP) — Guardian Caps are soft, protective helmet covers that the NFL authorized players to wear during games this season in an effort to reduce head injuries.

Several players have worn them over the first seven weeks, though Tua Tagovailoa, like most NFL players, said Monday he won't wear the headgear when he returns from his latest concussion. Players have cited various reasons, including comfort and aesthetics, for not wearing them.

The NFL has mandated the caps' use at contact practices for most players since 2022.

Quarterbacks, kickers and punters are the

only position groups not required to wear the caps during practices that involve contact.

There are six types of helmet the league has approved that players can wear during contact practices that don't require the Guardian Caps.

Tagovailoa has been cleared by medical experts to return to play for the Miami Dolphins after he sustained his latest concussion during a collision with Bills defensive back Damar Hamlin in Week 2.

If Tagovailoa clears the NFL's concussion protocol after he practices on Wednesday, he is expected to start against the Arizona Cardinals on Sunday. □



Tampa Bay Buccaneers offensive tackle Luke Goedeke (67) wears a protective cap during the first half of an NFL football game against Baltimore Ravens, Monday, Oct. 21, 2024, in Tampa, Fla.

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In a game where he threw 5 touchdown passes, Lamar Jackson's lead block spoke volumes

By **ROB MAADDI**
AP Pro Football Writer

Lamar Jackson saw Derrick Henry cut back and instinctively sprinted past him to help open up a running lane. The two-time NFL MVP didn't hesitate to become a lead blocker.

Jackson took on All-Pro safety Antoine Winfield Jr. before Henry was eventually pushed out of bounds following a 39-yard gain. In a game where the Baltimore Ravens quarterback threw five touchdown passes for the fifth time in his career and produced several more highlight plays, this one said the most about him.

"That's unbelievable that somebody is a quarterback of his caliber to be that unselfish (and) to be blocking downfield (for) your teammate," Henry said. "That's the type of guy that could have a hell of a game and (doesn't) even know his stats. All he knows (are) the guys he threw to and the guys who scored. The dude is just incredible. I said in an interview a few weeks ago; I think he's the G.O.A.T., for sure." Jackson has seven fewer Super Bowl rings than Tom Brady but his leadership, unselfishness and competi-



Baltimore Ravens quarterback Lamar Jackson (8) warms up before an NFL football game against the Tampa Bay Buccaneers, Monday, Oct. 21, 2024, in Tampa, Fla.

Associated Press

tive nature measure up to the greatest.

"He is just the ultimate competitor. There is no question about it," Ravens coach John Harbaugh said. "I don't know if I've seen a better competitor than Lamar Jackson, and I've seen some competitors — some great competitors — but he is (at) that level with the greatest competitors I've ever seen. May be the greatest. We'll see. It's just amazing." The Ravens were leading the Buccaneers by 16 points with 10 minutes left in the fourth quarter of a 41-31 victory on Monday night when Jackson decided he'd rather help Henry get more yards than get out of

the way. "I'm just trying to get him in the end zone, so it's like, 'I got you,'" Jackson said. The Ravens (5-2) have come a long way since an 0-2 start. They won't be satisfied with anything less than a Super Bowl after finishing with the best record in the NFL last year and losing the AFC championship game against Kansas City.

"I'm chasing something right now, so each and every game is going to be the same thing for me," Jackson said. "I'm going to be the same person. Every game, I'm trying to win."

Henry has been an excellent addition for Baltimore, helping the Ravens rush for

an NFL-high 210.9 yards per game. He leads the league with 873 yards rushing and 10 touchdowns — eight rushing and two receiving.

Running backs are back. It's not old-school, smash-mouth football but running backs are having more success this season.

NFL teams are averaging a combined 246 rushing yards per game, the most through seven weeks since 1990. The average of 4.53 rushing yards per attempt this season is the highest through seven weeks since 1970.

But teams aren't running more. They're just running more effectively. Average attempts per game are up less than one carry from last season (27.2 from 26.8) while average yards rushing per team is up to 123 from 112.7. Yet, running backs are making way less money than receivers. Henry signed a two-year, \$16 million deal with Baltimore in free agency. There are 37 wide receivers making more money per year than Henry. None has more touchdowns than Henry's 10 (eight rushing, two receiving). None has more yards than Henry's 935 (873 rushing, 62 receiving).

Super Bowl hangover

Forget about the 49ers becoming the fourth team to win a Super Bowl the year after losing it and first since the 2018 Patriots. San Francisco isn't a lock for even making the playoffs at this point.

The 49ers have been decimated by injuries this season, leading to inconsistency that has them at 3-4. They're only one game behind Seattle (4-3) in the NFC West and already beat the Seahawks. But San Francisco doesn't look like a team capable of competing for a championship. Christian McCaffrey remains sidelined. Brandon Aiyuk is out for the season. Deebo Samuel's status is uncertain for this week and same for fellow receiver Jauan Jennings. Missing several playmakers, Brock Purdy clearly tried to do too much and tossed three picks in a loss to Kansas City in a Super Bowl rematch.

The 49ers have a tough schedule coming up over the next six weeks. They'll face Dallas (3-3) on "Sunday Night Football." The Cowboys have their own struggles but are coming off a bye. San Francisco then plays five games against teams that currently have a winning record. □



Carolina Panthers quarterback Andy Dalton speaks during a news conference after an NFL football game against the Washington Commanders, Sunday, Oct. 20, 2024, in Landover, Md. The Commanders 40-7.

Associated Press

Panthers' Andy Dalton, family involved in car crash. QB being evaluated by team doctors

By **STEVE REED**
AP Sports Writer
CHARLOTTE, N.C. (AP) —

Carolina Panthers quarterback Andy Dalton and his family were involved in a car crash on Tuesday. The 36-year-old was being evaluated by team medical personnel, a Panthers spokesman said.

No one from Dalton's family needed to be taken to a hospital.

Dalton, his wife, three children and the family dog were traveling near downtown Charlotte westbound on Sardis Road approaching Providence Road when the crash occurred, the spokesman said.

The team would not say if there was another car involved. The team said no more further details were available.

Dalton took over the Panthers' starting job in Week 3 from Bryce Young. The team is 1-4 in those games and 1-6 overall. □